

MONDAY NIGHT SOLUTIONS

COME AS YOU ARE
DR. JOHN TOWNSEND

MAY 23, 2005 MNS-700

Have you ever sensed, at times, that the person you are involved with is in some way a stranger to you? You know a part of them, but there is another part that is hidden. You don't seem to have access to the whole person—the real person. Even closer to home, you may realize that at some level, you too are hiding or holding back parts of yourself. If this is the case, the connection you think you have is a mere illusion. Unless people share all aspects of themselves, intimacy cannot happen, and the good things that we want to share with each other are lost. Discover how to “come as you are,” bringing all of yourself into the relationship, and how to encourage others to do the same.

OUTLINE

I. Designed for full disclosure

II. Where did you go?

III. Signals that you're not getting it all

IV. Hidden parts, aware and unaware

V. Turn the floodlights back on

Questions:

1. Trace the path of how you learned to hide parts of yourself from relationship.
2. What signals have you become aware of that you're not getting all of someone?
3. Identify some of the hidden parts in your relationship.
4. What can you do this week to get the lights back on?